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Title: Transient and Short-Term Insomnia. (1994)

Authors: Roehrs, T., Zorick, F., & Roth, T.

Reference: W. Kryger, T. Roth, and W. Dement, (Eds.) *Principles and Practice of Sleep Medicine*, 2nd edition, (Chapter 46, pp. 486-493). Philadelphia, PA: W.B. Saunders Company.

Abstract

The report describes the clinical manifestations and polysomnographic features of the conditions occurring in individuals with transient and short-term insomnia. Transient insomnia was defined as lasting several days and short-term insomnia as lasting 1 to 3 weeks. The report gives an overview of the following types of transient and short-term insomnia: 1) Environment-related transient insomnia (unfamiliar sleep environments, nonconductive sleep environments because of noise, temperature sleep surface, or sleep position); 2) Stress-related transient insomnia (expectancy of disturbed sleep, and life events); 3) Sleep schedule-related transient insomnia (jet lag, and shift work); and 4) Drug-Related transient insomnia (drug discontinuation, and drug initiation). Possible treatments were discussed for each of the various conditions.